

"If we always do what we always did, we'll always get what we always got" - Source unknown

The Game of Life and Success workshop presents insightful and focused life-altering 'steps' to bring about profound personal transformation and, as a consequence, the accomplishment of your chosen future desired state, realistic dreams and goals.

Living these 'steps' will have a direct influence on your thinking and consequently empower you to manifest the life and relationships you want, as well as enable you to bring about a highly successful career / business / organisation.

The Game of Life and Success workshop is based on the book (by the same title) written by Steve Krummeck and taps into ancient wisdom dating back thousands of years and this is intertwined with current success principles as well as 'modern' knowledge gained through researching the connection between thoughts and outcomes. This knowledge is now widely accepted and the principles are used successfully in business and all aspects of life.

The workshop, and therefore the 'step's included in it also draw on Quantum Physics, Metaphysics, Psychoneuroimmunology (PNI), Neural Linguistic Programming (NLP), and Cognitive Behavioural Therapy (CBT) – Psychology, and Positive Psychology.

Workshop courtesy of

Steve Krummeck / (W)Right Coaching

Workshop Overview

Heads of families, companies/ organisations, informal enterprises, and leaders of countries- each and every one can, if willing, accept stewardship of an ever-present, powerful collective 'energy'. How this 'energy' is managed by each individual either inspires or demoralises those in his / her sphere of activity, whether in the workplace or at home.

Equally striking is the established fact that the manner in which individuals (leaders for example) focus, invest, mobilise this (collective - where applicable) 'energy', creates the reality brought about (collectively and or individually).

The Game of Life and Success workshop offers 'steps' to both leaders and individuals to effectively manage their individual and or collective 'energy' in order to produce phenomenal outcomes.

The Game of Life and Success workshop affords you the opportunity to radically change the way you think and what you believe; therefore the way you see the world, yourself, others, and how you view success, life, relationships, your career, and businesses / organisations. Once you find your immediate world changing for the better, you will discover that those positive effects spread in an ever-widening circle, like the ripples on a pond. This, inevitably, will enable you to magnetically draw to yourself, your business / organisation that which you desire - profound positive change / improvements.

Amongst a multitude of other outcomes, working with the 'steps' will enable you to discover the essence of who you are, identify your passion and to follow it while leading a purposeful, balanced, effective, and fulfilled life.

"The life you live and the reality you find yourself within, is as a direct result of the choices you make moment by moment" – Steve Krummeck



What You See (in your mind's eye) Is What You Get

Why Choose This Workshop?

You deserve to lead a purposeful, effective, fulfilled life, AND enjoy life-enhancing work on a daily basis. You also deserve access to 'steps' to profoundly transform your life, relationships, career, and business / organisation. You CAN have it all. It IS possible to be highly effective, a highly effective employee, manager or executive, AND have balance in your life and work. This programme will assist you to design the life and or business / organisation YOU want and enjoy greater success in all areas of your life, your career, and or organisation.

This **IS** THE OPPORTUNITY for YOU (and therefore your organisation, if applicable) to transcend from your current reality to heights never imagined. You are whole and infinitely capable of being, doing and achieving all that you aspire to in your personal and work life!

Embrace life-altering activities and processes designed to spark deep introspection, personal discovery, and a deep-seated shift in thinking, enabling you to attract that which you desire in your life, work, and or organisation.

Picture for a moment a suspension bridge across a huge gorge. The bridge has no wooden planks on which you can walk. You are on one side of the suspension bridge. Your transformed self, fulfilled dreams, goals, and chosen future-desired state are on the other side of the gorge. Below the uncompleted bridge is a one hundred meter drop into a raging river. The suspension bridge needs wooden planks so you can cross to the other side. Each

wooden plank of the suspension bridge that needs to be secured to the steel cables in order for you to proceed represents one of the 'steps' in The Game of Life and Success workshop. Completing, and living each of the 'steps' in The Game of Life and Success ensures one wooden plank after another is secured to the cables of the bridge. You are thus enabled, step by step, to move closer and closer to your transformed future, to the realisation of your dreams, goals, and chosen future-desired state. Failure to fully embrace and take on each 'step' provided within The Game of Life and Success workshop would result in the wooden planks you've secured onto the cables, loosening and falling into the river. This in turn contributes to preventing or seriously delaying your moving closer to the realisation of your transformed self, dreams, goals, and chosen future-desired state.

Familiarising yourself with and practicing each 'step' of The Game of Life and Success workshop ensures one wooden plank after another becomes securely fastened to the steel cables of the suspension bridge. Thus you are able to cross it and realise your dreams, goals, and chosen future-desired state.

Many of the 'steps' in the workshop originated in the East well over two thousand years ago. Increasingly in the world today there is an intense awareness of an invisible, 'energy', and broad-based acknowledgement that we, as humans, are stewards of this 'energy'.

Scientific research has proven irrefutably the existence of this particular energy and the fact that it has an influence on our well-being. This 'energy' is automatically transmitted between and amongst us as humans, affecting every aspect of our lives.



Why This Workshop - Continued

On the strength of this truth we, as thinking human beings, can grasp conclusively how powerful we are. The Game of Life and Success workshop begins to unravel this 'truth' thereby empowering us to draw towards ourselves that which we desire (within reason).

Bear in mind there are no guarantees within The Game of Life and Success workshop, or in life for that matter. However, there are abundant opportunities in life and within The Game of Life and Success workshop, all of which you can and will recognise and even create! Therefore seize the moment and decide to become the master of your destiny. Seize the opportunity you are being afforded to live the life YOU want. Discover your passion and purpose in life and go on to realise your goals, dreams and aspirations, wants and needs, and your chosen future-desired state.

The workshop can be used as a 'text book' to lifelong personal transformation / mastery, and to achieving a 'state of Being infinitely happy.

Many of the 'steps' I refer to in the workshop 'came' to me through my life experiences (some of which were traumatic and literally life-altering), consultations with my clients, research and reading, deep reflection, and my search for deeper meaning in life. All of these 'steps' have been verified, in one form or another, in hundreds if not thousands of books written by highly respected individuals including psychologists, psychiatrists, doctors, surgeons, metaphysicians, quantum physicists, and scientists.

I am drawn by my life purpose to share these phenomenal 'steps' with you, thereby empowering you to *choose to live the life you desire*. My hope is that you will inculcate the 'steps' into your way of being, thereby enabling you to be the truly magnificent, sentient person that you are. You will find yourself enabled to tap into your infinite ability to be and achieve (within reason) all that you set your mind to. My one request of you is that you pass this wisdom onto others whenever possible.

"I believe the most important single thing, beyond discipline and creativity, is daring to dare" – Maya Angelou

I dare you to follow the 'steps' in The Game of Life and Success workshop, and as a result live an extraordinary life, have a phenomenal career and relationships, as well as transform the business / organisation that you may be working within.

Release the power & potential within you!

Method of Delivery

Three day, interactive workshops, including practical application activities.

An alternative to the foregoing - Workshops take place once a week over an eight week period (total of eight four hour sessions) This is my recommended version.

Workshop facilitated and led by Steve Krummeck, an author and professional Transformation Coach

Individual attention ensures maximum benefit gained from the workshops

Individual and group work

Participants will immediately begin to design their new lives, future desired state, and or future desired business / organisation through their own personal transformation

Adult learning - That is, participants will be given the knowledge and 'steps' and immediately begin practicing the techniques imparted to them during the workshop

Task, goal, action, and outcomes orientated workshops

This will be a life altering journey, If you choose it to be so!!

Workshop Outline

Professional Transformation Coaching is available through Steve Krummeck to enable you bed down the 'steps', should you so require. Furthermore, one on one or group coaching is available before and or after the workshop on any part / section of the workshop.

The Power of choice

- Choose to move past fear-based internal drivers that hold you back;
- Attitude affects everything – your attitude determines your experience and what you draw to you;
- Scan the Messages you receive and those you send – tap into your innate intuitive ability;
- Accept responsibility and accountability for yourself and your life;
- Choose the life YOU want and take action to make it happen;
- Let go of ego-driven motivations and therefore bring about profound positive change;.

What You See Is What You Get ®

- What You See (in your mind's eye) Is What You Get – Manifesting: What you think about, with feeling, comes about;
- Cognitive Behavioural Therapy (CBT) – A powerful modality to transform you life / business;
- Live your passion;
- Passion checklist – identify and live your passion;
- Transform your mental and physical health.

What constitutes an effective, rewarding relationship? (Relationships are the foundation to success in every aspect of your life, career, and business / organisation)

- Know and love yourself;
- Who am I?
- Your wants, needs, dreams, aspirations, passion and purpose in life;
- Let go of the past – Embrace today and the future;
- Knowing yourself – Being at one with yourself and Universal Wisdom;
- The power of communication in relationships;
- Remain youthful in your mind and therefore in your body;
- What are the most important ingredients in effective relationships?

The Fear and Love Factors

- What is fear and love?
- Am I driven by love (positive energy) or fear (negative energy)?
- Love as your internal driver – take it on and enjoy the profound effects;
- Your ongoing internal dialogue and how it creates your reality;
- What brings about / creates fear within us in the first place?
- Why does it have such a grip on us?
- How to move past your fear/s and embrace love as your internal driver.

Goal Setting, Affirmations, Their Importance, and the Use Thereof

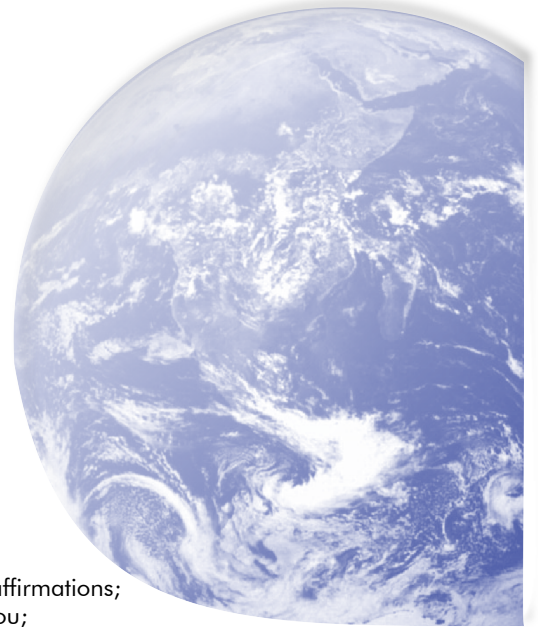
- Devise an achievable and measurable life strategy
- What is a goal?
- What is an affirmation?
- What makes an affirmation work? Writing your life / business transformation affirmations;
- Focusing your energy on your intention – your intention draws your reality to you;
- Techniques to bring about your goals / affirmation/s.

Values & Beliefs - Say Hello To the 'Secret Saboteur' (limiting beliefs) Within Each One of Us

- What are values and beliefs?
- How your core values propel you forward in every area of your life;
- Are your values and beliefs empowering or disempowering you and what to do about it . Believe in yourself;
- Identify your core values and live them;
- Values Worksheet & Values Standards and Obstacles Worksheet
- Your 'Wheel of Life' and its associated goals and actions (achieving balance and a plan in your life);
- Releasing limiting beliefs and reprogramming limiting beliefs in order to achieve your goals.

Mind Power

- The role of the neocortex and the amygdala in transforming your life/business;
- Gaining control of your negative response repertoires;
- Looking for meaning moment-by-moment and making conscious choices, thereby creating a state of personal mastery;
- Self-Regulation: Managing your internal states, impulses and resources;
- Neural pathways – reprogramming your beliefs, habits, and MUCH more;
- Consistently carry out and live constructive, empowering, positive, actions, behaviours, thoughts, and emotions;
- Brainwave patterns;
- How can I control my brainwave patterns to achieve personal mastery?
- Meditation / prayer as a tool to personal mastery. Meditation / stilling and focusing of the mind;
- Utilise your brainwaves to maximise activity of the creative side of your brain; to have numinous (spiritually elevated) experiences; and to assist in bridging the link between your conscious and subconscious minds.



Outcomes & Benefits

The outcomes listed below will assist you in mastering your life and or business / organisation;

You/yourself/personally/your life - will also refer to business/organisation;

The list below does not include all the outcomes and benefits of the workshop;

The workshop is an introduction to the 'steps'. Separate workshops on any one or a combination of the 'steps' is available on request once you have attended The Game of Life & Success - Steps to Self Mastery & Happiness workshop.

- Techniques to overcome internal fear drivers
 - o Achieve all you desire (within reason), personally and or in business
 - o Face your fears head on and move past them
 - o Release yourself from being controlled by fear
- Awareness of the choices you make moment by moment
 - o Draw the reality to you which YOU want as a consequence of your choices
- Understanding and use of your innate intuitive ability
 - o Master the use of the 'Wisdom' that comes to you to transform your life
- Acceptance that you are responsible and accountable for your life as it is and can be
 - o You accept your life as it is and take responsibility for changing it, improving it, drawing all that you desire into it
- Living an authentic life – being your authentic self
 - o A chosen life path YOU want that fulfils who you truly are
- Understanding the importance of living a life which is not driven and or controlled by ego
 - o An authentic life not at others expense
- Realisation and adoption of the Universal Law of "What You See (in your mind's eye) Is What You Get ®"
 - o Mastery of drawing to you that which you desire (within reason)
- Living your passion in life
 - o A fulfilled, purposeful, profoundly happy and joyful life – living your passion
- An awareness of how your thoughts and emotions (the science of Psychoneuroimmunology – PNI) affect your health and work performance
 - o Improved health and work performance as a consequence of your mastering your thoughts and emotions
- Acceptance of yourself, here and now. Awareness of who you are, who your authentic self is. Identification of your dreams, aspirations, passion and purpose in life.
 - o Realisation of your dreams, aspirations, passion
 - o Improved relationships
 - o Improved communication
 - o Belief in yourself
 - o Drawing success towards you
 - o A fulfilled, happy, joyful life
 - o Living in the here and now
 - o Not being controlled by the past
 - o Living the realisation that relationships are the foundation to success in every aspect of your life, career, and business/organisation
- Being at one with Universal Wisdom
 - o A profoundly empowered life
 - o Drawing to you that which you desire (within reason)
 - o Living on purpose
 - o A happy, joyful life
- Goals and affirmations - the foundation of an achievable and measurable life plan, including goals, and associated actions and affirmations
 - o A workable plan to transform your life
- Awareness of your energy and intention
 - o Focusing your energy (appropriate energy) on your intention to manifest it
- Realisation of your core values and beliefs, including an awareness of your limiting beliefs. A glance into the eight areas of your life (career, money, health, friends and family, significant other/romance, personal growth, fun and recreation, and physical environment), the value you attach to each, as well as concrete goals and actions to improve your satisfaction in five of the eight areas.
 - o Awareness of a technique to release yourself of your limiting beliefs
 - o Embracing and living your core values to attract profound success, happiness, and joy
 - o Tapping into your positive beliefs to propel you to achieve greatness
 - o Releasing your deep rooted limiting beliefs that prevent you from drawing what you desire (within reason) into your life
- Mastery of your mind. Awareness of the 'oneness' of all – everything in the Universe is connected
 - o Transformed life, relationships, and career/organisation
 - o Improved reasoning
 - o Listening and speaking effectively. That is, listening to yourself and others effectively thereby bringing about win-win interactions. Also 'listening' to Universal Mind to tap into Universal Mind and Wisdom

COST – Two Day Consolidated Version (NOT recommended as all past participants said it needed to be longer)
R8275-00 per person

COST - Three Day FULL Version (RECOMMENDED)
R9985-00 per person (R434-00 an hour per person)

WORKSHOP DATES (Currently online through Zoom or Skype)

Workshops are booked and run on request
One-on-one workshops are available on request

WORKSHOP TIMES

Registration Day One - 8am to 8:30am

Day One – 8:30am to 5:30pm (Part One), Day Two – 8am to 5:30pm, Day Three - 8am to 4pm.

CORPORATE BOOKINGS -

Non online / virtual workshops (live face to face) - The above fee **excludes** travel and accommodation costs, flip charts, coloured marker pens, projector for a laptop, and other minor miscellaneous equipment for the workshop. The fee also **excludes** the Book, "The Game of Life & Success – The Steps to Self Mastery & Happiness", venue hire, and travel & accommodation costs. The book contains sixteen 'steps' which form a 'manual' to achieving a degree of self mastery and therefore phenomenal results in your business / organisation, career, interpersonal relationships, and life. A separate quote will be provided for the foregoing, which quote is dependent on the number of workshop participants.

BOOKINGS

Steve Krummeck on 0829000679 (South Africa) / +27829000679 (international) or e-mail stevewk@twrcc.co.za

DETAILED WORKSHOP ENQUIRIES (NOT BOOKINGS)

Steve Krummeck on 0829000679

(W)Right Coaching

Mobile: 0829000679
Internet: www.stevewk.com

"True happiness brings more richness than all the money in the world."
Source unknown

"Take the first step in faith. You don't have to see the whole staircase.
Just take the first step" - Dr Martin Luther King Jnr

"If we wish to free ourselves from enslavement, we must choose the
freedom and *responsibility* this entails." - Leo F. Buscaglia

 **Right
Coaching**
The Sky is the Limit

Workshop facilitated by
Steve Krummeck



We enable individuals, companies and organisations to transform from their current to their chosen desired state. The coaching process makes it possible to be more focused, and raise the level of performance, thus becoming highly effective. We facilitate personal mastery, the transformation of people's lives, personal reinvention, and enable people to achieve any, or all of their goals, and to lead balanced purposeful, fulfilled lives.